82198 (19)

Advice for the Poor by way of Cure & Caution.

Being very ſenſible that it is impoſſible for all the Phyſitians now in London *Effectually to attend the Cure of this Sickneſs in Perſon; And that the neceſſities of people are ſuch, that it requires all that can be done for them both in Perſon and Paper; and alſo finding nothing of this nature hath as yet been Printed, I have therefore for publick uſe and benefit ſo plainly laid down the manner of Cure in this Paper, that any Nurſe may do as much for the Sick ſhe attends for leſs then* 12 d. *as is neceſſary, or the Diſeaſe will permit. I alſo aſſure my ſelf that if care could or rather* WOULD *but be taken, that every private family, eſpecially the poorer ſort, for whom it is chiefly intended might have but a Paper delivered to them* By Publick Authority, *not only the Patient but Phyſician (if he be candid and without reſerve) will find it a great help to him in his practice.*

The uſe I make of it my ſelf in Practice is when people come to me, I bid them read the Paper, and do as they are there directed in the Cure; and by this meanes I do relieve and help them more then otherwiſe (had I Twenty hands) it were poſſible for me to do. *By* T. COCKE.

The CURE *God Permitting.*

FOr all Perſons ſo ſoon as they find themſelves ill or infected, (Excepting the very Aged and Conſumptive) is imediately to (1) Vomit, eſpecially if Repletion, or any Surfeit was the cauſe, or they find any inclination to it: In this caſe don't diſpute it but imediately (2) Vomit, with

EXPULSIVES.

(1) *The beſt way of Vomiting will be to put two or three Ounces of* Oximel *of Squill, into a Pint or Quart of* Carduus *Peſſet, and drink it all off; This will coſt about* ſix pence. (2) *But if there be any ſharp or pricking pains about the Groynes,* &c. *or the Diſeaſe lye much in the Head, or hath aſſaulted and weakened the heart, then only Sweat; and at the ſame time apply outwardly* Warm, *to the Fore-head, Temples, and Heart,* Bole Armoniack, *and Oyl of* water Lillies *of each one penny worth, with as much* Vinegar *as will make it a ſoft Paſte; if you add a little* Camphere *and* Salt Peter *it will be the better. This Medicine being of great uſe, (when the violence of the Diſeaſe lies much in the Head) is therefore to be had in a readineſs at thoſe* Apothecaries *hereafter mentioned,*

(3) *Or* Elect, de. Ovo 2 *Drams, or a Scruple, or Sir* Walter Rawleighs, *or Mr* Dixons Sudoriffique, *or rather Dr* Burgeſs Sulpher auratum *againſt the Plague, which doth both* Vomit, Sweat, *and* Purge.

(4) *You muſt ſpread the Plaiſter upon Leather, and cut it into ſix parts, thoſe two for the Ears no bigger then a half Crown; the other each of them about the bigneſs of a hand: Thoſe that are ſo extream poor that they muſt rather begge then buy, rather then they ſhall want ſo neceſſary a help, are to have the Plaiſter* gratis; *others to pay* ſix pence.

(5) *Thoſe that can make uſe of an Apothecary, the beſt way will be to anoint the ſwelling with Oil of Roſes, Lillies, or* Unguent *of* Althea; *and then put upon the Tumor, the Plaiſter of* Diacalum cum Gummis, *or Mr.* Dixons *Plaiſter.*

(6) *And uſe this for a Cordial, a quart of Claret burn'd; and afterwards put into it almoſt a quarter of a pint of Vinegar, and this makes a very pleaſant and profitable Cordial* Julip. *The Richer ſort may inſtead of Vinegar, uſe Spirit of* Vitriol, *Syrup of* Citrons *or* Lemmons, *ſo much as will make the wine ſharp and pleaſing to taſte; neither need a better be provided, if they uſe* Zeduary *inſtead of Ginger when they burn the Wine.*

a Draught of warm water, and 2 or three ſpoonfuls of Salé diſſolved in it, uſing the Finger or a Feather, dipt in Oyl to provoke it, if it come not away preſently.

Within one quarter of an hour after, whether you Vomit or no, go into a warm Bed and ſweat Fifteen or Twenty hours (if it can poſſibly be endured) with two or three pennyworth of *London* Treacle, (more or leſs, accordig to to the Age and Conſtitution of the party) diſſolved in five or ſix Spoonfull of warme Vinegar; (3) and as often as they Thirſt during their Sweat, let them Drink freely hot Poſſet-Drink, or Mace Ale, a little Roſemary and Sage boiled in it, and Drink no other Drink for two or three days; nor any cold Drink for four or five days or more: An hour or two after the Sweat is over, and the Body well dried with warm Cloaths, they muſt waſh their Mouths and Hands with warm water and Vinegar, and then (if their ſtomach will permit) they may refreſh themſelves with ſome convenient food; as Mutton Broth, Egg Caudle, Water-Gruell, or Panada, with a ſprig of Roſemary, Mints, or Thyme, boiled in it.

This being done they may go to ſleep, and at the ſame time they go to reſt, to put on the Veſecatories (4) or Bliſtering Plaiſter of *Cantharides*, (which may be had at any Apothecaries) *under* the Ears, Arm-holes, and Groines, and let them lie on ſix or eight hours, then take them off and clip the Bliſters if they be not broke, and keep them running till the Diſeaſe be over, which may be done by buying at any Apothecaries a peny-worth of *Mellilote* Plaiſter, commonly called the Green Plaiſter; and applying it to each Bliſter, and renewing it as often as conveniently you can: And if at any time there be in any part of the Body any (5) ſwelling apply the ſaid Green Plaiſter conſtantly to it, and continue the taking of (6) Cordials, or the former Poſſet-Drink of Sage untill they be well come forth or break; and when they are broke keep

them

them running as long as you can, by applying the said Green Plaister to them: And take great notice, That when you have Running Sores, there is great hopes of life; but the least Cold being taken, it is certain death, and Hundreds have miscarried by going abroad too soon: In such cases therefore (upon the forfeiture of Life) keep Warm within doors for two or three Weeks, or until the Sores be perfectly well: Also if the Disease lie much in the Head and the body be bound, you may safely at any time give this Suppository, *viz.* a Fig slit and fill'd with Salt, and so put up into the Body, putting up after it a small piece of Candle if two or three inches long: Or if there be any violent Looseness, great burning heat, or Drowth, boyle then in their Posset Drink, Plantaine, Sorrel, or Knot grass; where these cannot be had Vinegar may be permitted, so much as to make the Posset Drink a little sharpish.

These few and plain Directions design'd and contrived for the poorest and meanest Persons and Capacities, being carefully observed may with Gods blessing be the meane of preserving such as shall use them, neither (waving in such Exigencies as these, all Rites and Ceremonies) can more be done, where the Physician Can or Cannot be consulted. And I do solemnly require all that are concern'd in my Practice, as they respect their lives to advise with this Paper to all Intents and Purposes, as if *I* were personally present.

A Necessary Caution.

THe Great Mistake that *I* find about *Preventives* against the Plague hath occasioned the Publishing of this Paper for Publick use and benefit; it being not only my own, but the Judgment of those that ought *most to be Trusted*, That those Hot Medicines of (7) Sir *W. Rawleigh*, Dr. *Burges*, Mr. *Dixon*, and some others so much taken notice of, are, without exception, of very great Worth for such as are Infected, Yet so far are they from being *Preventives* of *This* present Infection, That they are rather great promoters of it, by Exalting Blood, and disposing

PREVENTIVES.

(7) *One pound of the Conserve of* Wood-Sorrel, *of* London Treacle, *and* Bole Armoniack, *Sirup of Vinegar, or Sirup of* Citrons, *of each one Ounce, is undoubtedly a far more safe and Soveraign* Preventive, *taken morning and night, the quantity of a large Nutmeg. The poorer sort may put the* Bole *and* London Treacle *in a pint of Vinegar, and take a Spoonfull Morning and Night, first shaking it.*

(8) *By avoiding all things, that may inflame, over heat, and exasperate Blood as Salt Diet, and strong-Drinks.*

(9) *By Temperance, and not cooling the Blood too fast after it is heated, by a too sudden and eager use of Cold and crude things, as small Beer and Fruits.*

(10) *Within doors you cannot, nor is there a better Fume to be used, both for the Preventing* Infection, *and securing persons Infected, then* Sulphur *and* Nitre, *that is* Brimstone *and* Salt-Peter, *with a little* Assa Fetida, Stone-pitch, Mirrh, Labdanum *or* Olibanum, *and upon very good grounds I judge it to be no wayes inferior to that commonly called* St Giles's Powder, *which is common* Salt-Peter *disguized, and sold for* 16 *shillings the Pound; how much it is now improved is left to an impartiall judgment to determine, which with the addition (things rightly managed) may be afforded at two shillings the Pound. Burne this Fume in infected houses four or five times a day, about a spoonfull at a time, in Houses that are not infected, twice a day will be enough, and good to be used in* Taverns, Coffee-*Houses, and* Churches, *and places of common resort. Also I cannot but commend, as the best of* Preventives, *the use of a little* Diascordium *rub'd in the inside of the Nostrils when people walk the streets or visit the Sick.*

of it for Feavers, especially in Young, Leane, Sanguine, Cholerique, Constitutions and Persons: But Corpulent, Rheumatique, Aged and infirm people, and *No others*, may safely be permitted the moderate use of them, and other Hot Medicines, as *Zeduary*, *Angelica*, *Rue*, &c.

Those that appoint, or shall plead for the promiscuous use of them, either mistake themselves and good Authors, or do not consult the Causes of *this present Contagion*, but judge of it as of former *Pestilencies*, proceeding from *Putrefaction*, by an Intemperies of those first qualities, *Heat* and *Moysture*; whereas (things rightly examined) an *Arsenick fome* by a Dyscrasy of *Heat* and *Dryness* will be found concerned in it; And as this Consideration is (in the behalfe of better judgments) propounded; So also (till solid reasons be produced to the contrary) 'tis desired that the great Error of *Hot* and *Dry* Medicines for *Preventives* may be Reformed.

The great businesse to prevent the *Plague* is to prevent (8) *Feavers* and (9) *Surfets*; and therefore the Colledge in compliance with his MAJESTIES great care of His people, have prohibited the use of all Green, raw Crude and unindigested Fruits, especially Cucumbers, Mellons, and Cherries, other Fruits moderately used may be permitted: Neither are they to be understood where they advise hot Medicines, that there hot Medicines are to be used as *Preventives* but *Expulsives*; that is for Sick, not for well persons.

The provision I make for my selfe is to live Temperately, to wash my hands and mouth frequently with Vinegar and Water, and to make the best provision that may be to supply by (10) Artificiall Fumes and Sents, the defects of a sound, wholsome and well constituted Aire.

Inwardly

Inwardly I use this (11) Lozange, which being dissolved in the Mouth, and let down into the Stomack (by a Stiptick property it hath to close the Orifice of the Stomach and passages that lead to it) they resist the Attraction of Malignancy into the inward parts, by strengthning the Lungs, and wonderfully assisting the Heart (by fixing Humours) to resist sudden Death: The use of which are of very great benefit for Lawyers, Clergy-men, and Citizens, who have publique converse and concernments with people: I take no other my self, who am not ignorant of most that are Extant.

(11) *Take of the true prepared* Orientall Bole Florentine orrice, *of each halfe a pound*, Sugar *two pound*, Tormentil *roots one Ounce*, Mirrh *in powder half an Ounce, with* Gum Dragon *dissolved in Vinegar, make a past for* Lozanges:

Those that would have more ample satisfaction of the great worth of this mean who in the great and dreadfull Plague at Rome *left this Observation to posterity, that very few miscarried that made use of it. Those that shall except against the Authority of so worthy a person as* GALLEN, *were but people in such Controversies competent Judges, they would not suffer themselves under the notion and noise of* Chymistry *to be so easily deceived; but because they neither are, nor can be, they ought to confide (as a thing most reasonable) in those Persons, and that Practice that hath undergone by the best of men the test and triall of so many Ages.*

An ADVERTISEMENT.

The Fume *and* Lozanges *mentioned in this Paper, are to be had at* 12 pence *the Paper, each Paper of the* Fume *containing half a Pound, each Paper of the* Lozange *containing two Ounces, at every Parish Clerks house in and about* London, *and when these* Clerks *are unprovided of any of the said* Medicines, *they or any other Persons may be supplyed at these* Apothecaries, *viz.* Mr Wilkinson *at the* Pestel *and* Morter *in* Finch Lane *over against the* French Church. *And* Mr Reeds *at the* Queens-Armes *in* Fan-Church-street, *and no where else at present: Also all, or any of the Medicines mentioned in this Paper are to be had at the same* Apothecaries *at reasonable Rates, with the Paper and Directions how to use them* (gratis.)

At the Cock-pit, *Aug.* 4th, 1665.

HAving received very good Testimonies of the Abilities of Dr *Thomas Cocke*, and his readinesse to do good to the people in this time of Infection, by his Directions and Remedies in a Paper by him published. I do therefore hereby recommend the said Papers unto publick use, and do desire that the *Church-Wardens* of their respective Parishes, do take such quantities of them to be distributed to each severall Family as shall be thought fit and convenient. Given under my hand and Seal at the *Cock-pit* this 4th day of *August*, 1665.

ALBEMARLE.

August the Third 1665.

Midd. ß. HAving very well informed our selves of the benefit of that may be had by the use and carefull observance of the Directions and Remedies in this Paper; We do therefore recommend them and the said Papers of Dr *T. Cocke* to publick use, and desire that every Parish Clerk whom it shall concerne, may have delivered to them a sufficient quantity thereof, and they to deliver them to every respective Family in their said Parishes, especially the poorer sort, that they may not be left destitute of all good and necessary helps. Given under our hands and Seals this Third day of *August* in the 17th year of His MAJESTIES Reign.

Present, The Right Honourable the

Lord Craven. } { John Underwood.
Edmond Warcupp. } { Thomas Wharton.

A Directory for the Poore, *against the* Plague *and Infectious* Diseases.

Published for the Common good.

SInce it hath pleased God to bestow a small Taleut upon mee, Christianity obliges mee not to hide it in a Napkin, but to bestow it upon my fellow Christians, who are not able to purchase the advice of those who will communicate nothing *gratis*. Therefore, that every one may know how to prepare for themselves that means of preservation that God hath given us, and the dictates of Nature prompts every one to seek after, I have here published such Remedies, as, being timely used, will preserve all such as God hath appointed for life. And such as are not able to make it themselves, though the charge be very small, I hope Christian charity will move their Neighbours of more ability to provide it for them, and not suffer them to perish for want, and thereby endanger not only a greater calamity, but draw down a just Judgment upon themselves.

The Cordiall Antidote against the Plague.

Take *Sage*, *Rue*, of each one handfull, *Masterwort* root, *Butter-bur* root, *Angelica* roots, and *Zedoary* of each half an ounce, *Virginia Snake-*

root

root a quarter of an ounce, *Safron* 20 grains, *Contra Yerva* a dram *(at the Herb shops and Drugsters you may have them all) Malago Wine* a quart, bruise the herbs, and pound the roots, and put them in a Pipkin close covered, and set it to the fire, and let it stand hot, but not boil, for the space of an hour or better, then strain it out, and put in a quarter of an ounce of *Mithredate*, and as much *Venice Treacle*, which dissolve in it. Take hereof half a Spoonfull every Morning first, and every Night last, for preservation; but if one be taken sick, then let them drink a quarter of a pint, and cover them to sweat. This drink will powerfully fortifie the vitals, and by sweat throw out the *Malignity* of the distemper. If you see that the party sweat not enough, you may give as much more; and so you may take a larger quantity then before is prescribed for Prevention, as you see cause, and the Constitution requires.

A Drink for all Malignant Feavers.

I recommend unto you a Posset drink to drink after it, wherewith I have cured many hundreds, in the time of the late unhappy Wars, of desperate Feavers *Cousin (German* to the *Plague)* which was then an *Epidemicall* disease, and used no other Medicine.

Take *Carduus Benedictus*, *Scabious* and *Butter-bur* roots, and boil them in posset drink, and let them drink largely of it; and be not too sparing of your ingredients, for they are easie enough to be had.

It may be objected, that it will be so bitter you cannot drink it. To remedy that, boil it in the milk first, and the longer it boils, the lesse bitter it will be; and when the bitternesse is gone, strain it, and set it on the fire again, and when it boils, put in your drink, and let it stand to raise the curd, which take off.

This posset drink hath stayed violent *Vomitings* and *Loosenesse*: by drinking largely of it many have been cured in 24 houres, when nothing but death hath been expected.

An outward Application for the Plague.

I will likewise give you an outward Medicine, as good as you shall find in any sort composed, which you may make your selves. Take *Bay-salt* if you can get it, and pound it small and burn it in a Fire-shovel till it leave crackling; if you cannot get *Bay-salt* take *White-salt*, and powder it very fine, then take *Castle-sope*, slice it thin, and pound it in a Morter; adde to it as much oil of Lillies, as will make it soft to an oyntment, then take two parts of *Sope*, and one of *Figs*, and one of *Salt*, and another of *Mithridate*, and mix them together.

This will not deceive you in your expectation, for it will break any

Pestilenti-

Pestilentiall Bubo; or Swelling; and turn out a Carbuncle, and strongly drawes out the Malignity, and makes it fit to be cured by any ordinary Medicine.

I would admonish all, not to suffer any thirst in any of those that are sick, but forbid small and cold drink; but let them drink Beer of a reasonable strength, heated as hot as they can drink it, the hotter the better; and such as can attain unto it, may moderately drink fragrant generous Wine, and *Cordiall* VVaters.

There is one main cause of Diseases, by which many people are spoiled, and all are in danger to be infected with some foul distemper or another. Nay, there is none in safety, but his life, or at least health is in danger of it, from him that sitteth on the Throne, to him that grindeth at the Mill, and that is the *Butchers* in blowing their meat, when nothing is more usuall then for *stinking fellowes* to blow up the meat with their filthy *Pockey*, *Stinking*, *Putrified* Breath, whereby they putrifie the flesh, and thereby are unknown Diseases communicated to the people, which is the cause of so many calamitous and strange distempers. It were therefore heartily to be wished, that the Right Honourable the *Lord Major* and the rest of the Magistrates were well informed hereof, that by their pious care the Lawes made against these Pestilent Offenders were duly put in execution; which would conduce much to the health and safety of the people, which God

Roger Dixon.

From my House in Water-lane *neer the Custome-House*, 16 June 1665.

FINIS.